

Prepare! Don't Panic over COVID-19

1. Clean your hands.

Washing your hands often will help protect you from germs. If soap & water aren't available, use an alcohol-based hand rub.



2. Avoid touching your eyes, nose or mouth.

Germs are spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth.

3. Stay home when you are sick.

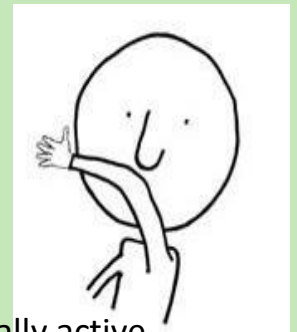
If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

4. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

5. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. Throw tissues in the trash. If you don't have a tissue, cough or sneeze into your elbow or your sleeve. Then wash your hands with soap and water or use an alcohol-based hand rub.



6. Practice good health habits.

Clean and disinfect frequently touched surfaces. Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, & eat nutritious food.

7. Always be prepared with extra food and medications.

In case you cannot leave your home due to illness or disaster.

8. Stay Informed.

Get information from reputable sources such as the Centers for Disease Control (<http://www.cdc.gov>), CT DPH (<https://portal.ct.gov/dph>), or Eastern Highlands Health District (www.EHHD.org). For telephone information: Hartford Healthcare 24 hour hotline: (860) 972-8100 or (toll-free) (833)-621-0600.

For general information call 211 .

